

Name \_\_\_\_\_

**MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.**

- 1) For nonbreathing newborns, provide ventilations at: 1) \_\_\_\_\_  
A) 40 to 60 breaths per minute.                      B) 20 to 30 breaths per minute.  
C) 30 to 40 breaths per minute.                      D) 60 to 70 breaths per minute.
  
- 2) A 34-year-old female is 39 weeks pregnant and is experiencing abdominal pain. Your assessment reveals crowning. You recognize crowning as: 2) \_\_\_\_\_  
A) a sign that there is time to transport the mother to the hospital.  
B) an indication that oxygen may be needed.  
C) a sign of imminent delivery.  
D) a serious complication.
  
- 3) If you believe that birth may occur before the mother can be safely transported to the nearest hospital, you should do all of the following EXCEPT: 3) \_\_\_\_\_  
A) remove any clothing obstructing your view of the vaginal opening.  
B) lay her on her right side with her knees bent.  
C) see if any part of the baby is visible or becomes visible during contractions.  
D) put on protective equipment, such as gloves, gown, and face mask.
  
- 4) If the mother had a miscarriage, all of the following are acceptable EXCEPT: 4) \_\_\_\_\_  
A) providing emotional support to the mother.  
B) placing pads at the mother's vaginal opening.  
C) saving all blood-soaked pads and passed tissues.  
D) explaining why there was a miscarriage.
  
- 5) During labor and delivery, the greatest danger to both mother and baby is: 5) \_\_\_\_\_  
A) trauma and burns.                                      B) high blood pressure.  
C) bleeding and shock.                                      D) pregnancy-induced diabetes.
  
- 6) Once a baby has been delivered, it is appropriate to tie, clamp, and cut the umbilical cord in all of the following situations EXCEPT: 6) \_\_\_\_\_  
A) if you do not have sterile cutting equipment.  
B) if your local protocols allow.  
C) if the baby is breathing on its own.  
D) if CPR is needed.
  
- 7) The fetus grows inside a special sac called the: 7) \_\_\_\_\_  
A) cervical sac.                      B) placenta.                      C) amniotic sac.                      D) ovum.
  
- 8) Meconium is: 8) \_\_\_\_\_  
A) another name for the afterbirth.  
B) a sign of a normal and uncomplicated delivery.  
C) the product of the baby's first bowel movement, often a sign of a complicated delivery.  
D) mucus that normally gathers around the baby's mouth and nose.

- 9) Your primary concern when caring for a newborn baby is: 9) \_\_\_\_\_
- A) assessing whether the mother is having twins.
  - B) assessing for meconium staining.
  - C) determining how much blood the mother lost during delivery.
  - D) clearing the airway and ensuring that the baby is breathing.
- 10) Which of the following is the appropriate sequence of steps to take in the emergency medical care of the mother's postdelivery? 10) \_\_\_\_\_
- A) Control the afterbirth, control vaginal bleeding, and control emotional support
  - B) Deliver the afterbirth, provide physical support, and control vaginal bleeding
  - C) Control vaginal bleeding, deliver the afterbirth, and provide physical support
  - D) Deliver the afterbirth, control vaginal bleeding, and provide emotional support
- 11) Indications for an imminent delivery include all of the following EXCEPT: 11) \_\_\_\_\_
- A) crowning.
  - B) no prenatal care.
  - C) the feeling of wanting to have a bowel movement.
  - D) bloody show.
- 12) Expect a multiple birth if the: 12) \_\_\_\_\_
- A) contractions continue with the same intensity after the first baby.
  - B) mother has pregnancy-induced diabetes.
  - C) mother had no prenatal care.
  - D) abdomen is still large after all contractions have stopped.
- 13) Which of the following sets of personal protective equipment is MOST appropriate when assisting with a field delivery? 13) \_\_\_\_\_
- A) Gloves, gown, face shield, and mask
  - B) Gloves, gown, and N95 mask
  - C) Gloves and goggles only
  - D) Gloves and a closed air respirator
- 14) When a pregnant woman lies on her back, causing an abnormally low blood pressure, it is called: 14) \_\_\_\_\_
- A) pregnancy-related blood pressure change.
  - B) preeclampsia.
  - C) abruptio placentae.
  - D) supine hypotensive syndrome.
- 15) The three stages of labor are: 15) \_\_\_\_\_
- A) contractions cease as the baby enters the birth canal, the baby is born, and delivery of the afterbirth.
  - B) contractions begin as the baby leaves the birth canal, the baby is born, and delivery of the afterbirth.
  - C) baby leaves the birth canal and enters the vaginal opening, the baby is born, and delivery of the afterbirth.
  - D) contractions begin, the baby is born, and delivery of the afterbirth.
- 16) A potentially dangerous condition of an abnormally high blood pressure in a pregnant woman is called: 16) \_\_\_\_\_
- A) preeclampsia.
  - B) abruptio placentae.
  - C) hypertensive hypoglycemia.
  - D) supine hypotensive syndrome.

- 17) After ventilating for 30 seconds, check the heart rate. If the heart rate is less than 60 beats per minute, you should: 17) \_\_\_\_\_
- A) stop artificial ventilations and apply oxygen via nonbreather mask.
  - B) continue ventilating for an additional 60 seconds.
  - C) continue ventilations and begin chest compressions.
  - D) stop artificial respirations and apply oxygen via nasal cannula.
- 18) The placenta is BEST defined as: 18) \_\_\_\_\_
- A) the sac that is filled with amniotic fluid that surrounds and protects the baby.
  - B) the muscular organ also known as the uterus or womb.
  - C) a special organ where oxygen and nourishment pass between the mother and fetus.
  - D) none of the above.
- 19) Why must you wear personal protective equipment if assisting in childbirth? 19) \_\_\_\_\_
- A) There is a potential for contact with blood and body fluids.
  - B) There is potential for a complicated delivery.
  - C) Newborns may need to be stimulated to breathe.
  - D) Newborns are slippery.
- 20) The second stage of labor begins: 20) \_\_\_\_\_
- A) when the placenta delivers.
  - B) when the baby enters the birth canal.
  - C) when the baby is born.
  - D) when contractions begin.
- 21) Crowning is BEST defined as: 21) \_\_\_\_\_
- A) a spontaneous miscarriage or induced loss of the embryo or fetus.
  - B) the bulging out of the vagina and exposure of the baby's head.
  - C) a birth in which the buttocks or both feet deliver first.
  - D) the natural loss of the embryo or fetus before the 28th week of pregnancy.
- 22) Throughout the birth process, all of the following are appropriate actions EXCEPT: 22) \_\_\_\_\_
- A) taking a break between labor contractions.
  - B) giving oxygen.
  - C) providing emotional support.
  - D) reassessing the mother and baby.
- 23) The umbilical cord is BEST defined as a special organ: 23) \_\_\_\_\_
- A) that usually is severed during the birthing process.
  - B) that contracts during delivery to assist control of the baby.
  - C) that connects the fetus to the placenta.
  - D) that aids in the avoidance of an explosive birth.
- 24) If the amniotic sac has NOT ruptured, you should immediately: 24) \_\_\_\_\_
- A) place two fingers inside the vagina, creating a V, so the baby can breathe.
  - B) gently loosen the cord with your fingers, and slip it over the baby's head.
  - C) puncture the sac, and pull it away from the baby's mouth and nose.
  - D) suction the baby, administer oxygen, and transport.

- 25) A bloody show is BEST defined as: \_\_\_\_\_
- A) amniotic fluid that has a green or brownish-yellow color from fecal contamination.
  - B) a spontaneous miscarriage or induced loss of the embryo or fetus.
  - C) the natural loss of the embryo or fetus before the 28th week of pregnancy.
  - D) a slight staining of blood or blood-tinged mucus seen as the cervix expands.
- 26) Which of the following is NOT a step in assisting with a delivery? \_\_\_\_\_
- A) Inserting a gloved hand into the vaginal opening to check for crowning
  - B) Putting on personal protective equipment
  - C) Positioning someone near the mother's head to offer reassurance
  - D) Draping the mother and placing her on top of a clean surface
- 27) When a fertilized egg implants outside the uterus it is considered: \_\_\_\_\_
- A) a miscarriage.
  - B) an ectopic pregnancy.
  - C) preeclampsia.
  - D) supine hypotensive syndrome.
- 28) After delivering a healthy baby, you notice there is a significant amount of vaginal bleeding. You should: \_\_\_\_\_
- A) pack the vaginal canal with sterile gauze.
  - B) have the mother firmly squeeze her knees together.
  - C) elevate the pelvis to slow the bleeding.
  - D) place a sanitary pad over the vaginal opening.
- 29) As the mother delivers her baby, care for the newborn includes: \_\_\_\_\_
- A) slapping the baby on the buttocks.
  - B) applying firm "pushing" pressure to the baby while being delivered.
  - C) carefully supporting the baby's head and body as it is born.
  - D) spreading your fingers over the baby's mouth and nose.
- 30) All of the following are acceptable methods of stimulating a baby who is not breathing EXCEPT: \_\_\_\_\_
- A) snapping your index fingers on the soles of the feet.
  - B) slapping his buttocks.
  - C) drying and warming him.
  - D) rubbing his back.
- 31) Providing an airway with your fingers is indicated in which of the following cases? \_\_\_\_\_
- A) Premature delivery
  - B) Breech birth
  - C) Delivery of twins
  - D) Nuchal cord
- 32) After the placenta is delivered, you should: \_\_\_\_\_
- A) throw it away.
  - B) expect significant vaginal bleeding.
  - C) bag the placenta and place it in the freezer.
  - D) place all pieces of the afterbirth into a bag.

33) Choose the correct steps for caring for a healthy newborn baby following delivery. 33) \_\_\_\_\_  
A) Clear the airway, ensure the baby is breathing, clamp the umbilical cord, keep the baby warm  
B) Ensure the baby is breathing, administer oxygen, keep the baby warm, clear the airway  
C) Separate the baby from the mother, clear the airway, ensure the baby is breathing, clamp the umbilical cord  
D) Clamp the umbilical cord, perform chest compression, clear the airway, ensure the baby is breathing

34) Which of the following is NOT an item typically found in a field OB kit? 34) \_\_\_\_\_  
A) Personal protective equipment  
B) Bulb syringe  
C) Infant AED pads  
D) Sheets and blankets

35) The birth canal is BEST identified as the: 35) \_\_\_\_\_  
A) uterus.  
B) vagina.  
C) area between the vagina and rectum.  
D) cervix.

## CHAPTER 23 T OR F

- \_\_\_ The structure that is only present during the development of the fetus is the vagina.
- \_\_\_ Breaking the amniotic sac is an important milestone in the birthing process
- \_\_\_ The placenta is the organ that delivers oxygenated blood & nutrients to the fetus and also removes fetal waste
- \_\_\_ It is *uncommon* to have vaginal discharge throughout the different stages of child birth
- \_\_\_ Labor pains come at a longer time period as the birth of the child nears.
- \_\_\_ A normal delivery is the baby's head presenting first
- \_\_\_ Always suction the nose before the mouth on a new born
- \_\_\_ A nuchal cord can strangulate the infant during delivery
- \_\_\_ During a limb or breech presentation the mother should be transported in a supine position
- \_\_\_ Preeclampsia usually effects younger women, first child and during the 20<sup>th</sup> week of pregnancy
- \_\_\_ A baby weighing < 5.5 lbs at birth and born before the 37<sup>th</sup> week is considered a premie.
- \_\_\_ Using the APGAR scoring system a score of 7 to 10 is considered excellent for the new born
- \_\_\_ The 1<sup>st</sup> stage of labor is the actual delivery of the baby
- \_\_\_ The 3<sup>rd</sup> stage of labor is the delivery of the placenta
- \_\_\_ Having the baby nurse will actually help stimulate the delivery of the placenta
- \_\_\_ The umbilical cord should be cut as close to the babies umbilicus as possible
- \_\_\_ When the umbilical cord delivers 1<sup>st</sup> this is called a perforated cord
- \_\_\_ Meconium staining is the result of a stressed baby having its 1<sup>st</sup> bowel movement during or prior to delivery
- \_\_\_ Ectopic pregnancy is the leading cause of pregnancy related death
- \_\_\_ The fallopian tube is the structure that produces the ovum
- \_\_\_ The fontanel is the hard spot at the top of the babies head
- \_\_\_ The average gestation period is between 44 and 48 weeks

**Chapter 23: Care During Pregnancy and Childbirth—Quiz**

Circle the letter of the best answer to each multiple-choice question.

1. The final (third) stage of labor is characterized by:
  - a. dilation of the cervix.
  - b. expulsion of the infant.
  - c. expulsion of the placenta.
  - d. crowning of the baby's head.
  
2. The term \_\_\_\_\_ refers to the appearance of the baby's head at the opening of the birth canal.
  - a. *afterbirth*
  - b. *crowning*
  - c. *meconium*
  - d. *prebirth*
  
3. The birth of a baby may be imminent if the mother's contractions are about \_\_\_\_\_ minutes apart.
  - a. three
  - b. five
  - c. six
  - d. nine
  
4. Which of the following statements about delivery of the placenta is true?
  - a. Pull on the umbilical cord to assist with delivery.
  - b. It takes from 10 to 30 minutes to deliver.
  - c. Discard it immediately after it delivers.
  - d. It usually delivers before the baby does.
  
5. In a(n) \_\_\_\_\_ birth, the baby's feet or buttocks deliver first.
  - a. prolapsed
  - b. abruption
  - c. premature
  - d. breech

6. During a normal pregnancy, the baby develops inside the mother's:
- vagina.
  - cervix.
  - uterus.
  - placenta.
7. The \_\_\_\_\_ provides nourishment to the fetus, absorbs its waste, and produces hormones during pregnancy.
- vagina
  - cervix
  - uterus
  - placenta
8. The fetus floats in a "bag of waters" that contains \_\_\_\_\_ fluid.
- amniotic
  - cerebrospinal
  - vaginal
  - synovial
9. A full-term pregnancy lasts approximately \_\_\_\_\_ days.
- 190
  - 280
  - 370
  - 460
10. The first stage of labor is characterized by:
- dilation of the cervix.
  - expulsion of the infant.
  - delivery of the placenta.
  - crowning at opening of birth canal.



## Chapter 23 Review

*In the space provided, write the word or words that best complete each sentence.*

1. During the \_\_\_\_\_ stage of labor, the baby moves through the birth canal and is born.
2. If contractions are more than \_\_\_\_\_ minutes apart, the mother usually has time to be transported to a hospital.
3. If the mother's contractions are \_\_\_\_\_ minutes apart, prepare to help deliver the baby where you are.
4. To avoid supine hypotensive syndrome, the expectant mother should lie on her \_\_\_\_\_ side.
5. Because delivery results in exposure to a great deal of blood and body fluids, you should be sure to take all necessary \_\_\_\_\_.
6. Use a(n) \_\_\_\_\_ to suction mucus from the baby's mouth, then from the nose.
7. If there is no breathing after birth, rub the baby's \_\_\_\_\_ gently or snap one of your index fingers against the \_\_\_\_\_ of the baby's \_\_\_\_\_.
8. After the baby is delivered, observe for the delivery of the \_\_\_\_\_.
9. The \_\_\_\_\_ is the organ that contains the developing fetus.
10. The neck of the uterus, which leads into the vagina, is called the \_\_\_\_\_.
11. The \_\_\_\_\_, a disk-shaped organ on the inner lining of the uterus, provides nourishment to the fetus, absorbs wastes from the fetus, and produces hormones.
12. The \_\_\_\_\_ is filled with a fluid in which the fetus floats.
13. A full-term pregnancy lasts approximately \_\_\_\_\_ days.
14. \_\_\_\_\_ consists of contractions of the uterine wall, which force the baby and later the placenta into the outside world.

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15. During the first stage of labor, the \_\_\_\_\_ becomes fully dilated.

## **HANDOUT 23-3**

**UTERUS**

**CERVIX**

**9 MONTHS**

**STANDARD PRECAUTIONS**

**SECOND**

**PLACENTA**

**LABOR**

**5**

**BACK, SOLES, FEET**

**LEFT**

**3**

**PLACENTA**

**280**

**CERVIX**

**AMNIOTIC SAC**

**RUBBER BULB / SUCTION SYRINGE**

**UMBILICAL CORD**

**GRIMACE**

**True or False**

*Indicate if each of the following statements is true or false by writing T or F in the space provided.*

- \_\_\_\_\_ 1. Use a rubber bulb syringe to suction mucus first from the baby's nose, then from his mouth.
- \_\_\_\_\_ 2. Insert the tip of the bulb syringe about three inches into the baby's mouth.
- \_\_\_\_\_ 3. If you perform tactile stimulation but the baby still does not take a breath, start artificial ventilation.
- \_\_\_\_\_ 4. When the placenta delivers, slowly and gently pull it from the vagina.
- \_\_\_\_\_ 5. After the placenta delivers, place it in a plastic bag.
- \_\_\_\_\_ 6. During childbirth, a loss of up to three pints of blood is normal and usually is well tolerated by the mother.
- \_\_\_\_\_ 7. If the mother's bleeding appears to be excessive after delivery of the placenta, treat her for shock.
- \_\_\_\_\_ 8. Perform artificial ventilation on the newborn if there is persistent central cyanosis (bluish discoloration around the chest and abdomen) after 100 percent oxygen has been administered.
- \_\_\_\_\_ 9. Normal labor is divided into four stages: dilation, contraction, expulsion, and placental.
- \_\_\_\_\_ 10. During the second stage of labor, the placenta separates from the uterine wall and is then expelled from the uterus.
- \_\_\_\_\_ 11. To feel for contractions, you should place your gloved hand on the mother's cervix.
- \_\_\_\_\_ 12. If you observe crowning, you should prepare to assist in the delivery right where you are.
- \_\_\_\_\_ 13. All equipment and material used during delivery should be sterile, or at least as clean as possible.
- \_\_\_\_\_ 14. There is very little exposure to blood and body fluids during childbirth, so you do not need to take standard precautions.

over ✓

\_\_\_\_\_ 15. If there is meconium staining of the amniotic fluid, consider requesting an advanced life support unit to assist on scene.

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EMR 10

### Complications and Emergencies

16. Match each condition or complication with the definition.

- |                            |   |
|----------------------------|---|
| _____ 1. Meconium staining | A. Fetus delivers before it can survive on its own          |
| _____ 2. Miscarriage       | B. Infant's fecal material mixes with amniotic fluid        |
| _____ 3. Stillborn birth   | C. Buttocks or both feet deliver first                      |
| _____ 4. Breech birth      | D. Umbilical cord protrudes from vagina                     |
| _____ 5. Prolapsed cord    | E. Baby born dead or dies shortly after birth               |
| _____ 6. Nuchal chord      | F. Placenta grows over the cervix                           |
| _____ 7. Placenta abruptio | G. Umbilical cord is around the baby's neck during delivery |
| _____ 8. Placenta previa   | H. Placenta tears away from the uterine wall                |

## CHAPTER 23 REVIEW QUESTIONS FROM CH 17 T O R F

1. \_\_\_\_ Heat loss involving the transfer of heat to an object without physical contact is known as radiation.
2. \_\_\_\_ Altitude is a risk factor for a patient's response to cold.
3. \_\_\_\_ A sign of mild hypothermia is  $\uparrow$  BP
4. \_\_\_\_ Conduction occurs when direct contact with an object carries heat away
5. \_\_\_\_ Always rewarm an area with deep or late frostbite
6. \_\_\_\_ Caring for a patient with a snake bite you should probably make a small incision around the bite area to facilitate draining the venom.
7. \_\_\_\_ On a very hot day you respond to a patient who is very dizzy and sweating heavily, he/she probably has S & S of heat stroke.
8. \_\_\_\_ A young child is trapped on the ice of a frozen pond, you should carefully inch your way out to her for rescue.
9. \_\_\_\_ You respond to an 8 YO child found face down in the water, he/she is not breathing but has a pulse of 80 PBM. You should immediately apply an AED.
10. \_\_\_\_ To ease the pain from a jelly fish sting immerse it in cold water
11. \_\_\_\_ A hypertonic drowning causes salt water to enter the blood stream and cross over the capillary walls into the lungs and alveoli.
12. \_\_\_\_ Vomiting and skipping meals is a common cause of hypoglycemia
13. \_\_\_\_ Over eating after taking insulin is also a cause of hypoglycemia
14. \_\_\_\_ S & S of hypoglycemia are often consistent with alcohol intoxication
15. \_\_\_\_ A hypotonic drowning can cause a cardiac arrest, the patient usually succumbs to death a few days later.

16. \_\_\_\_ You respond to an OD, your patient has agonal respirations. A NRB would be your first choice for ventilations.
17. \_\_\_\_ Bronchodilators cause an ^ in your patients HR
18. \_\_\_\_ Dyspnea is a medical term for SOB
19. \_\_\_\_ The trachea is a component of the lower airway tract
20. \_\_\_\_ Sometimes my EMR instructor REALLY tests me